

Old World Recipes for Cabbage Add New Zest

There is one vegetable which should appeal to bargain hunters just now more than usual. It costs actually less than it cost a year ago, and it was then comparatively cheap we thought. This is old friend cabbage, of such ancient and honorable lineage that it ranks with wheat and rice and beans in the history of the human race.

We eat more cabbage in this country than any other vegetable except potatoes. Certainly we come by the taste very naturally. Our forefathers were cabbage eaters long before they came to America—for generations back and even beyond the ancient world of Greece and Rome and Egypt. The early settlers of America brought their cabbages with them across the sea—and we are still planting and eating this transplanted product of the kitchen gardens of Europe.

Which is all very much to the good, says the bureau of home economics of the U. S. department of agriculture, for cabbage is one of the best of leafy vegetables as well as one of the cheapest. It supplies minerals and vitamins which we must have, and we need the leafy roughage, too, for good digestion.

There was, however, in the light of what we know today, something very wrong about the old-time ways of cooking cabbage. Look over some of the old cook books and you will see, "Steam 1 1/2 hours," "bake for 2 hours," "boil 3 hours," and so on—such are the directions, over and over again. That explains, probably, why some people do not like cabbage, and many abominate the odor which pervades the house when cabbage is cooked in the old, long-time way. But if you cook cabbage five, ten, or fifteen minutes only, instead of hours, those complaints will be disposed of. Delicate flavor, delicate texture, and no "cabbage odor" at all in the house are the results of short-time cooking. More important still, by short-time cooking you prevent the loss of food value that comes from long cooking of the foods which, like cabbage, are rich in vitamin C.

There is much to be learned, however, from the old-world ways of serving cabbage, even if they did cook it to death. We steam or boil and butter it, we cream it and scallop it, we use it in stews hot and cold, and in salads. But there are other ways we might copy—especially from Germany, Scandinavia, Russia, and the Near East. For example:

The Russian dish called tsche is a beef stew with cabbage, onions, leeks, a parsnip, and sour cream. Look at the recipe to see how tempting that is.

There is the German steamed cabbage, which combines deliciously with ham, or any other meat for that matter. This is seasoned first with vinegar, and later with a little sweet cream or top milk. Then there is German fried sauerkraut—fried in fat in which some onions have been browned. Cooked macaroni is added to this savory dish.

Or there is cabbage with sausage—the sausages fried and arranged on a hot platter with chopped cabbage which has been cooked for 5 minutes in a little fat. There is cabbage scalloped with bread crumbs and cheese; or cabbage and carrots in a lamb stew; or sweet and sour cabbage (red or white) which is cooked with sour apples and seasoned with brown sugar and vinegar. Or there is filled cabbage, which is the cabbage head with the center taken out and replaced with stuffing, then the whole stuffed cabbage baked in the oven.

In the Near East and elsewhere in Europe, they make cabbage rolls, which are sometimes called stuffed cabbage, although really each separate leaf is first wilted and then folded around a mixture of chopped meat and bread crumbs, or meat and rice, or maybe rice and raisins. These rolls are then cooked, perhaps in a baking dish with a little water and served with gravy, or perhaps in well-seasoned tomato juice.

Dutch salad, like other raw cabbage dishes, is highly recommended by nutritionists because of the high vitamin value of the cabbage leaves before they are cooked. (Raw cabbage is interchangeable with tomatoes and oranges for its vitamin C content). Dutch salad is shredded cabbage sprinkled with crisp bits of fried bacon or salt pork. Over this pour a dressing of the pork fat, vinegar, salt, pepper, and dry mustard.

Borrowing from Old World recipes for cooking cabbage, and changing the cooking time to correspond with modern principles of vegetable cookery, the bureau of home economics suggests the following somewhat "different" ways of serving this cheapest of the leafy vegetables:

German Steamed Cabbage.
2 quarts shredded cabbage
1 teaspoon salt
1/4 cup vinegar

Killed In Crash



Above are three of the passengers killed in the crash of an American Airways passenger liner near Livingston Manor, N. Y. At top is Harold C. Coppins. Below at left is William Bader and at right is William Cass, former Dartmouth athlete. All three were from Buffalo. Seven were killed in the crash. (Associated Press Photos)

Sour cream may be used instead of the vinegar and sweet cream.

Filled Cabbage.
1 large cabbage
2 cups dry bread crumbs
2 tablespoons bacon or salt-pork pork drippings
1 large onion, chopped fine
1 pound ground beef
Seasonings (pepper, salt, nutmeg, parsley, sage).

Scoop out the center of the cabbage head, and parboil the shell for about 10 minutes in a cheesecloth bag to keep the leaves in shape for refilling. Chop the center part fine as for stew. Brown the chopped onion in the bacon or salt-pork drippings, add the ground beef, chopped cabbage and breadcrumbs, and stir until heated. Add the seasonings and put the mixture back into the cabbage shell. Bake, uncovered, in a pan or baking dish with a little water until the cabbage is just tender.

The old-world recipes call for 2 eggs in the stuffing, but these may well be omitted. The seasonings, of course, may be varied according to taste.

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GRANTS PASS, June 28.—(AP)—President Roosevelt has signed the bill for payment of \$32,718 damages to John Hampshire of Grants Pass for government delays in a road building job in Rainer national park when Hampshire was contractor, Rep. Charles Martin wired Hampshire today. It was reported to be the only Oregon private bill to pass the last congress.

Oregon Weather.
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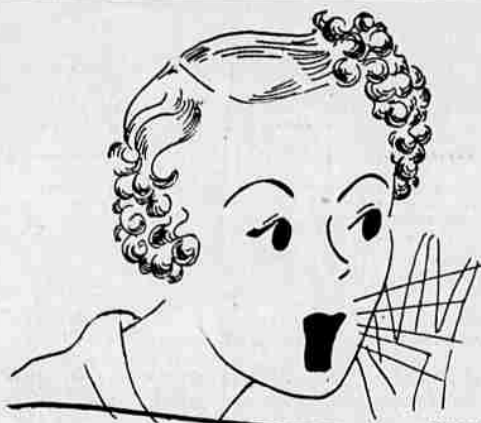
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